

AISHE Code : C-8679

Shri Hurakadli Ajja Shikshan Samiti's

Phone : 0836-2436182



**Smt. Kallawwa Shivappanna Jigalur Arts &  
Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce  
College for Women,**



Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail : shasswcd@gmail.com

Web : shasswcd.org

No. WCD .....

Date : .....

**1.2.2: Number of Add on /Certificate programs offered during the last five years**

This is to certify that, during the assessment period, based on the feedback suggestions from different stakeholders and current trend, college has introduced value added / certificate courses to enable students employable and to face different competitive examinations. The certificate / value added courses introduced from the Institution apart from existing course curriculum.

**1] Certificate course in Yoga through Virtual Mode**

Date	Particular	Page No. From - To
02-06-2021	Brochure	1
	Copy of Syllabus	2 - 3
	Screenshot of the Programme	4 - 8
	Programme List of Valedictory Function	9
	Screenshot and Photos of Valedictory Function	10 - 13
	Model Question Paper	14 - 20
	Model Certificate	21
	Summary Report	22



*Gley* 07/06/2022  
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**SMT. K. S. JIGALUR ARTS & DR.  
(SMT) S. M. SHESHGIRI  
COMMERCE COLLEGE FOR  
WOMEN, DHARWAD**



## DEPARTMENT OF PHYSICAL EDUCATION

Organizes

### 30 HOURS INTER-COLLEGIATE VIRTUAL CERTIFICATE COURSE IN YOGA

**Date :** 2<sup>nd</sup> June 2021 to 21<sup>st</sup> June 2021

**Platform :** Google Meet 



**Smt. Pushpa S. Abbigeri**  
IQAC Coordinator

**Dr. Anita G. Kadapatti**  
NAAC Coordinator

**Smt. Shakuntala S. Biradar**  
Physical Director

**Dr. Girija M. Yabannavar**  
Principal

## BENEFITS:

- Learn Yoga from Professional Yoga Master with 12 years of teaching experience.
- Learn Ancient Yogic Techniques.
- Journey into a Deeper Dimension.
- Refine your Spiritual Practice
- Develop Greater Health, Happiness and Knowledge.
- Weight Loss and Enhance Flexibility
- Enhance Concentration Power
- Eliminate Physical and Mental Stress.
- Enhance Lung and Breathing Capacity.
- Build and Maintain Healthy Muscles, Bones and Joints.
- Get Expert Yoga Guidance.

## FEATURES :

- Free Admission for the students.
- In an Online mode due to COVID-19 pandemic.
- Online MCQ Test will be conducted at the end of the course.
- E-Certificates will be provided for all the participants.

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## About the Yoga Master...

1



Shri. Manjunath Jadar, Physical Director working at Shri Satya Sai Institute of Home Science Dharwad, is a professional Yoga Guru. He has 12 years of teaching experience. He has published research articles in National and International Conferences. He has worked as Team Manager and Coach.

*"A Lifestyle change begins  
with a vision and a single step"*

**ALL ARE CORDIALLY INVITED**

**Registration Link :**

**<https://forms.gle/L8rksW72EsorbMc4A>**

**For more details, Please Contact :**

**Smt. Shakuntala S. Biradar**

**9986538224**

**Email : shakuntalasbiradar123@gmail.com**



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## 30 HOURS INTER-COLLEGIATE VIRTUAL CERTIFICATE COURSE IN YOGA

### Syllabus

1. Introduction to Yoga
2. Importance of Yoga
3. Ashtanga Yoga
4. History and Origin of Yoga
5. Types of Yoga :
  - a. Jnana Yoga
  - b. Bhakti Yoga
  - c. Karma Yoga
  - d. Raja Yoga
  - e. Hatha Yoga
  - f. Kundalini Yoga
6. Prayers and Mantras
7. Asanas :
  1. Tadasana
  2. Vrikshasana
  3. Garudasana
  4. Trikonasana
  5. Ardha Kati Chakrasana
  6. Ardha Chakrasana
  7. Matsyasana
  8. Paschimottanasana
  9. Pavanamuktasana
  10. Sarvangasana
  11. Makarasana
  12. Chakrasana
  13. Mandukasana
  14. Dhanurasana
  15. Setu Bhandasana



  
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16. Ushtrasana  
17. Shashankasana  
18. Markatasana  
19. Vajrasana  
20. Supta Vajrasana  
21. Padma Sarvangasana  
22. Virabhadrasana  
23. Marjalsana  
24. Gomukhasana  
25. Shalabhasana  
26. Shirashasana  
27. Shavasana  
8. Surya Namaskara (12)  
9. Pranayamas :  
1. Bhastrika Pranayama  
2. Anuloma Viloma Pranayama or Nadishodhana  
3. Kapalabhati Pranayama  
4. Brahmari Pranayama  
5. Bahaya Pranayama  
6. Shitali Pranayama  
7. Shitkhari Pranayama  
8. Suryanulom and Chandranulom Pranayama

10. Meditation



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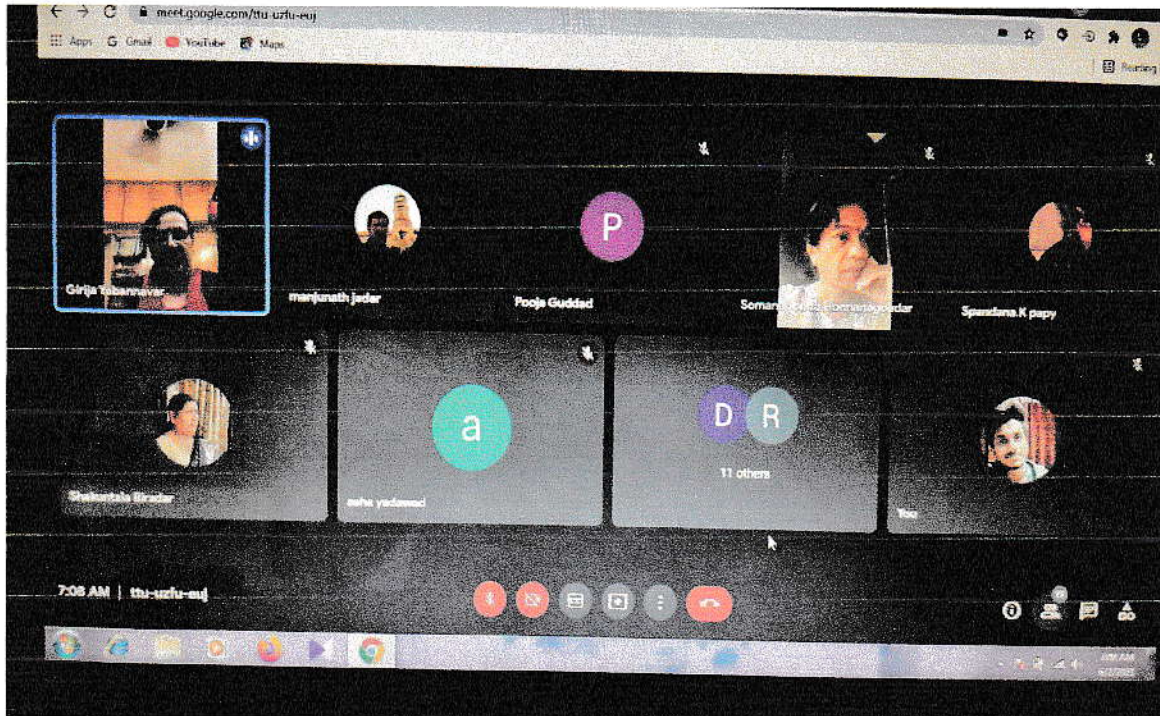
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**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



**Online Inaugural Function of 30 Hours Inter-collegiate Virtual Certificate Course in Yoga on 2<sup>nd</sup> June 2021.**



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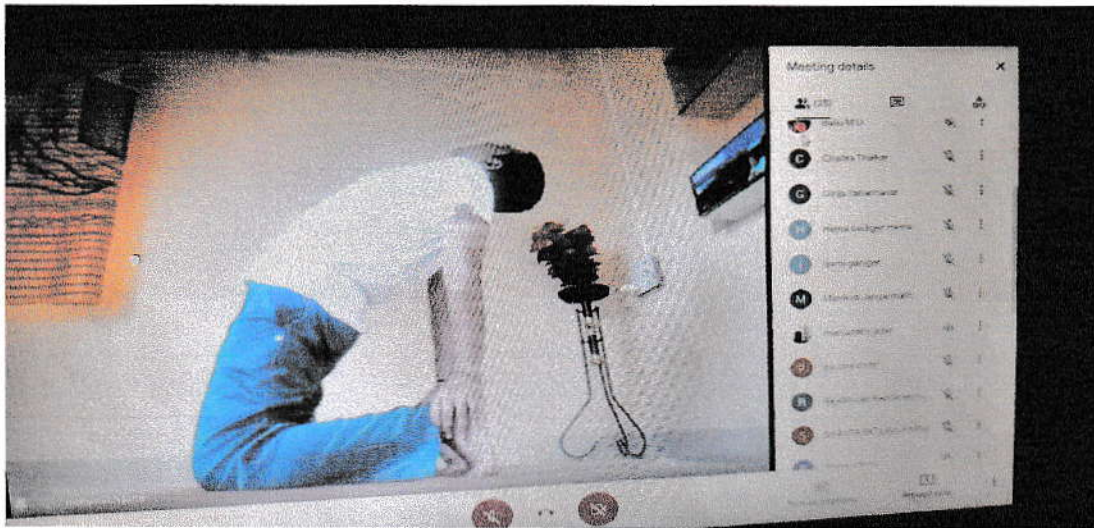
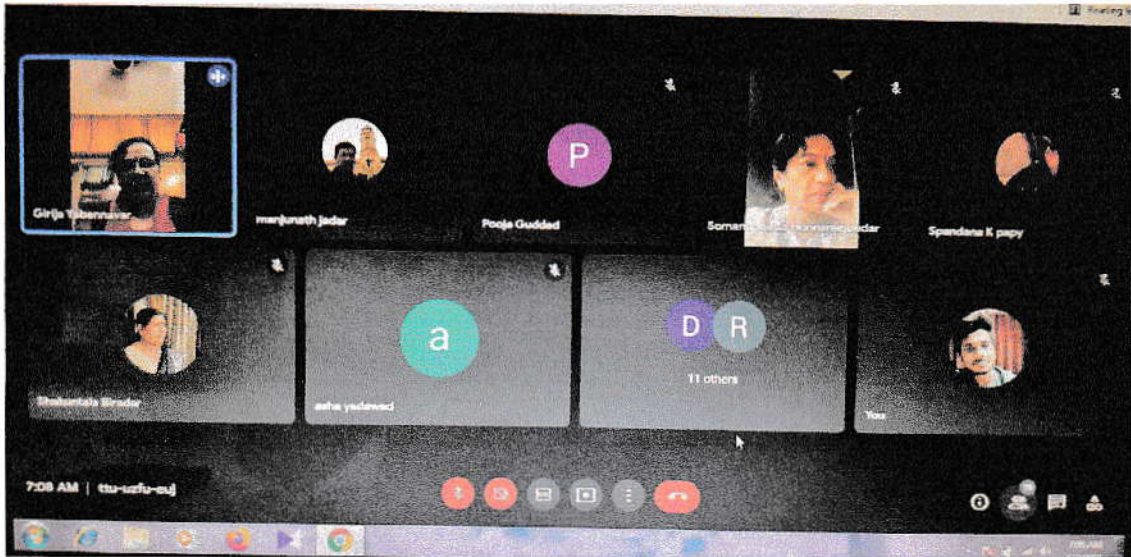
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**30 HOURS INTER-COLLEGIATE VIRTUAL CERTIFICATE COURSE IN YOGA**

**Date : 02-06-2021 to 21-06-2021**



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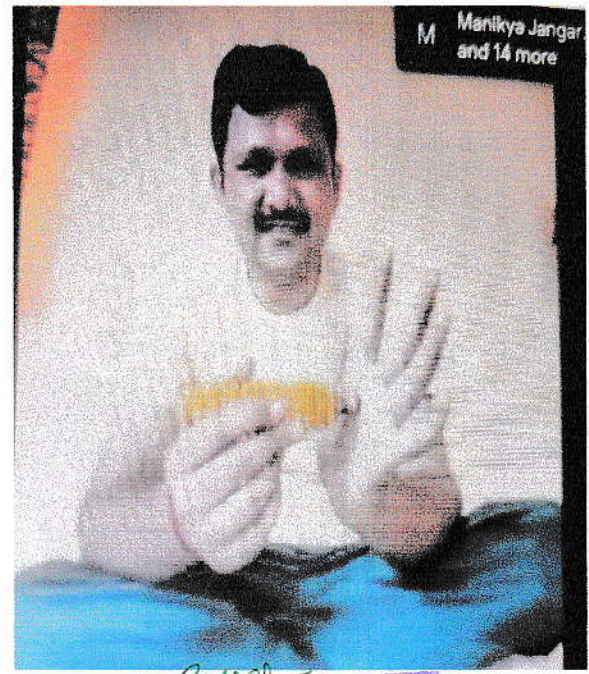
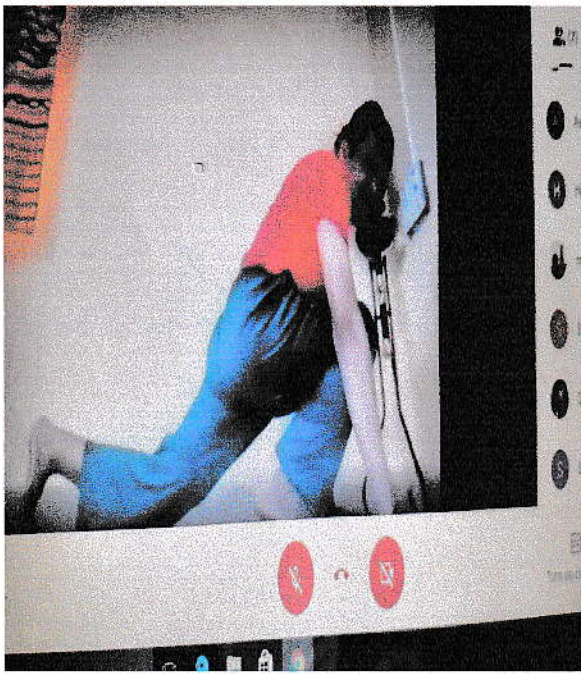
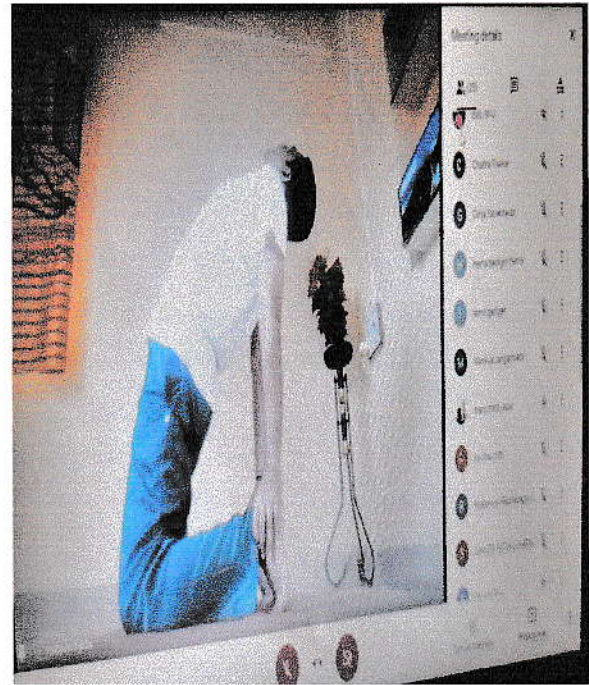
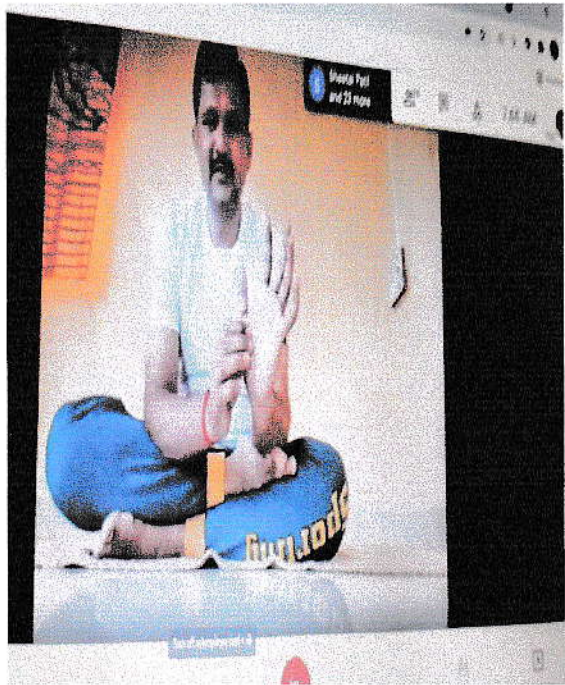
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**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



**Shri.Manjunath Jadar, Yoga Master, demonstrating various asanas and mudras**



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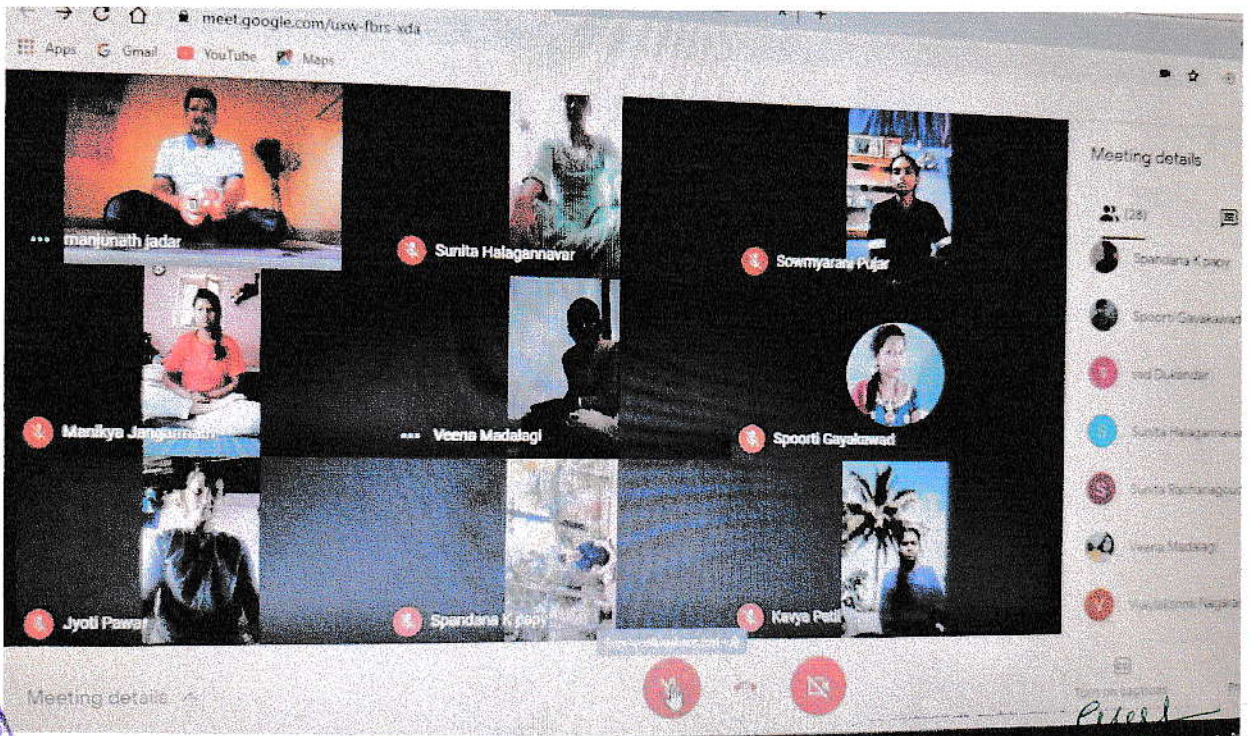
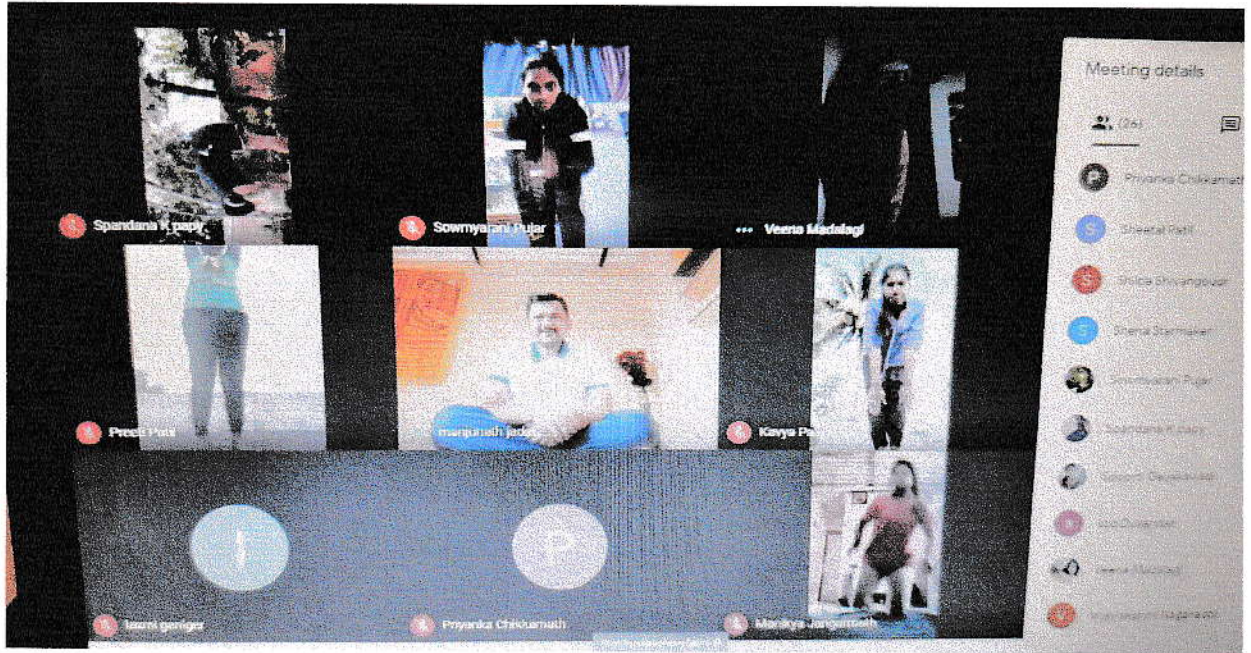
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DEPARTMENT OF PHYSICAL EDUCATION

Title of Activity: 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

Date and Venue: From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



Students performing Yoga asanas as directed by the Yoga Master, Shri Manjunath Jadar

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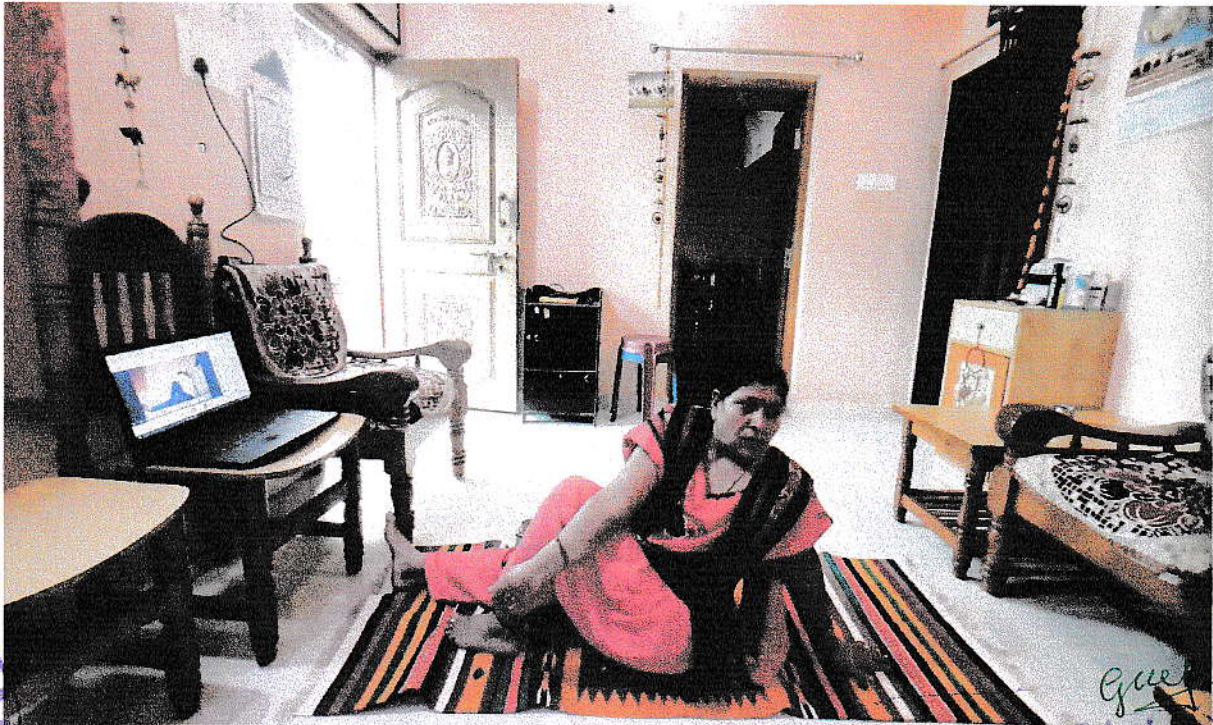
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**DEPARTMENT OF PHYSICAL EDUCATION**

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**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



**Smt. Shakuntala S. Biradar, Physical Director, performing Yoga asanas**

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College with Potential for Excellence – UGC  
 Re-Accredited with 'B' Grade (2.88 CGPA) by NAAC

## VALEDICTORY FUNCTION

### 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

Date: 21-06-2021

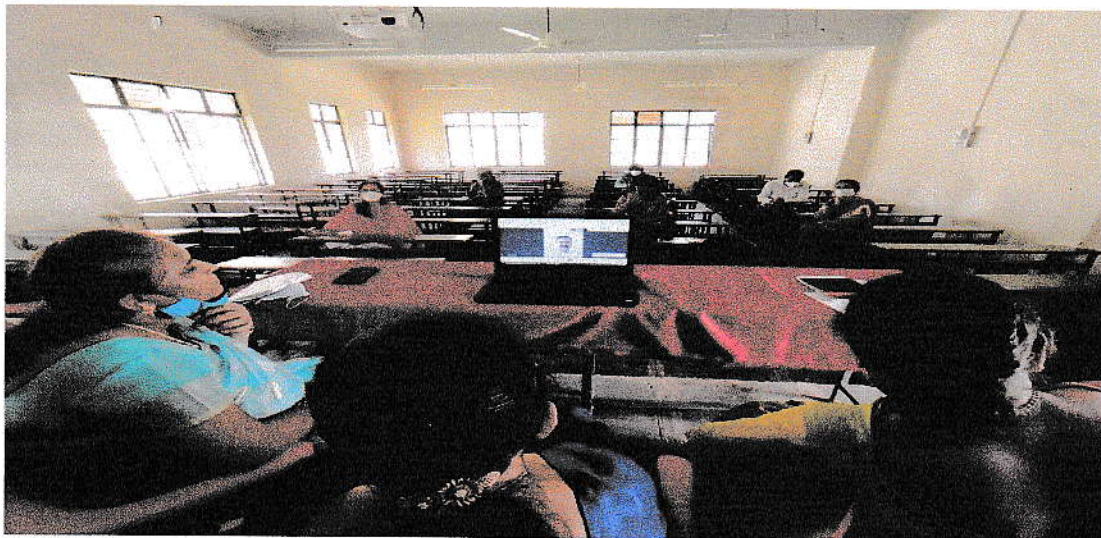
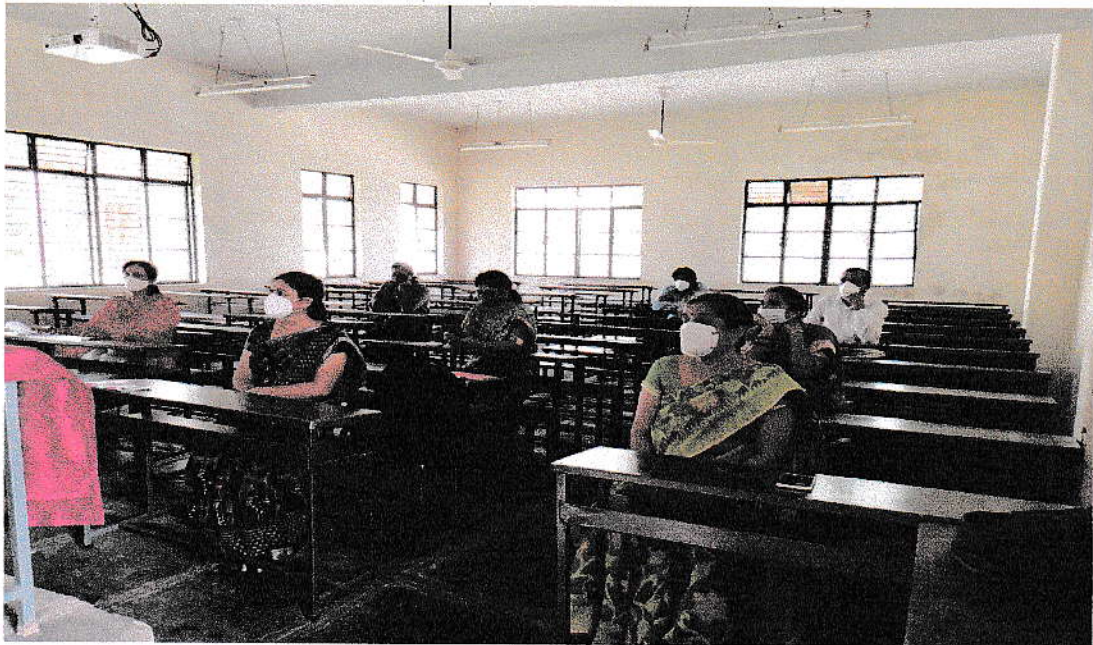
Time: 11. am

#### Programme List

1. Welcome : Dr. Girija. M. Yabannavar  
Principal
2. Introduction : Dr. Rajeshwari M. Shettar
3. Chief Guest Yoga Demonstration  
And Speech : Shri. Manjunath Jadar  
Physical Director  
Shri Satya Sai Education Trust. Dharwad
4. Opinion by students : 1. Kum. Soumyrani Pujari  
2. Kum. Spoorti Gayakawad  
3. Nagamma Devarmani  
4. Jyoti Chulaki
5. Vote of Thanks : Smt. Shakuntala. S. Biradar



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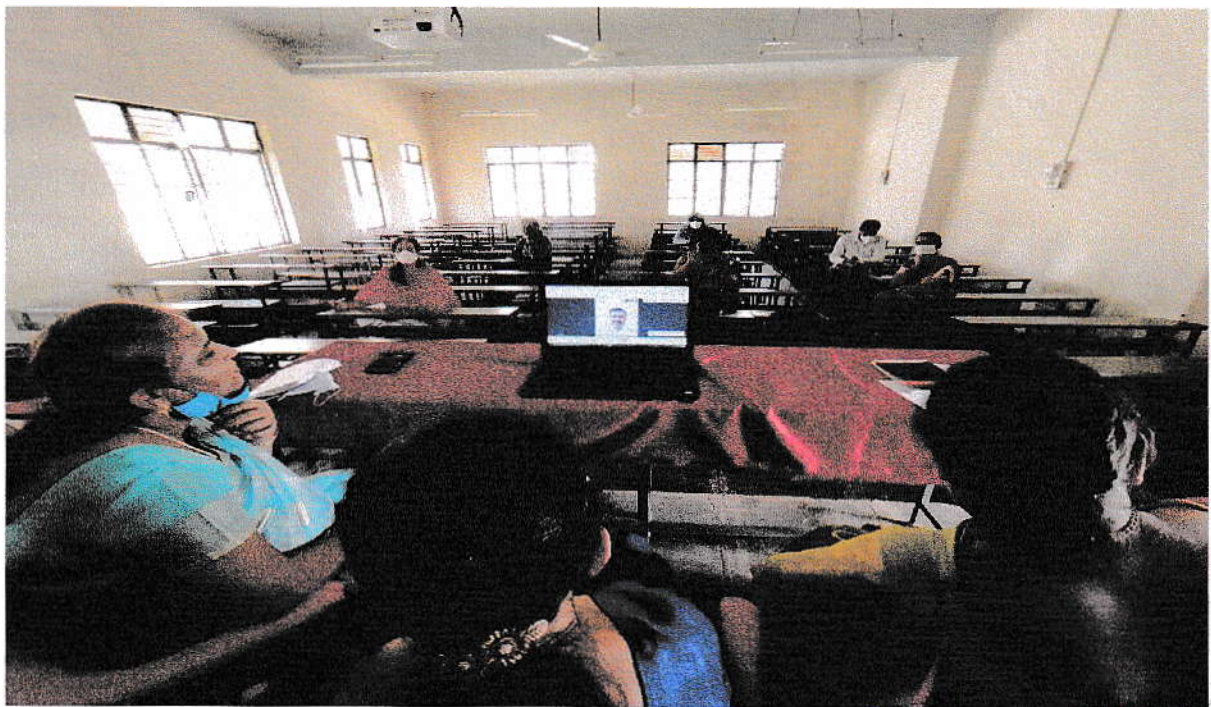
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**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



**Valedictory Function of 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga and Celebration of International Yoga Day on 21<sup>st</sup> June 2021**

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**Principal**





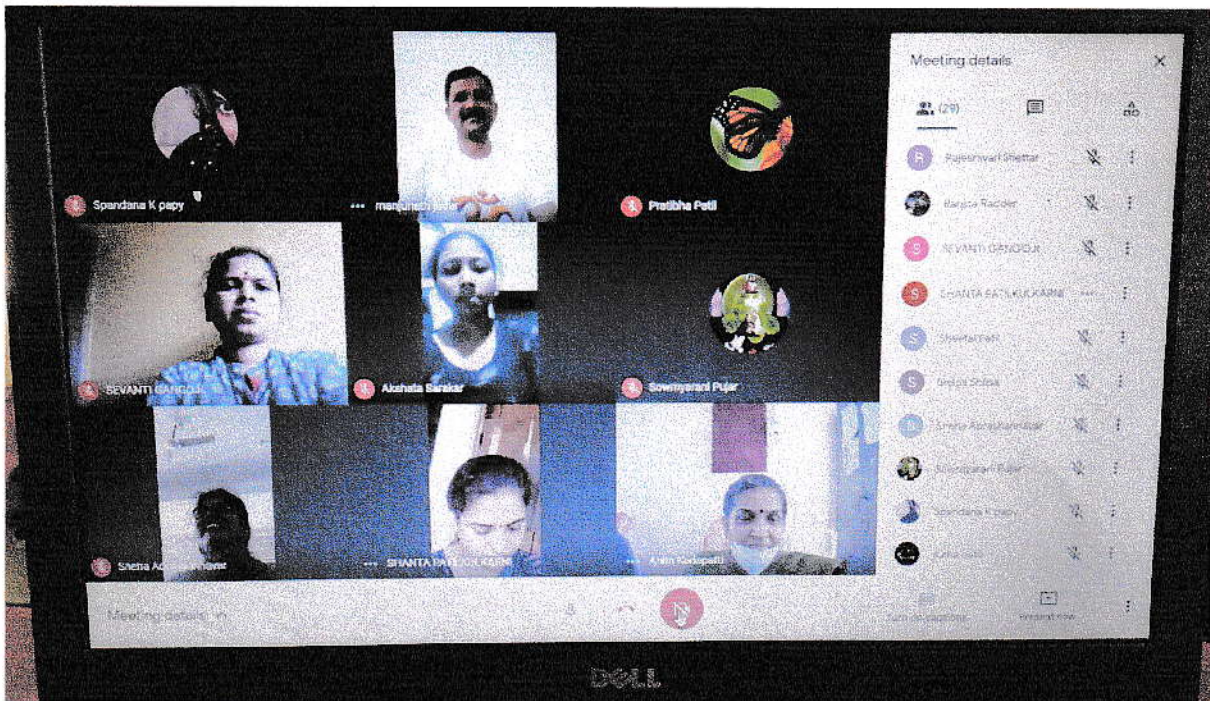
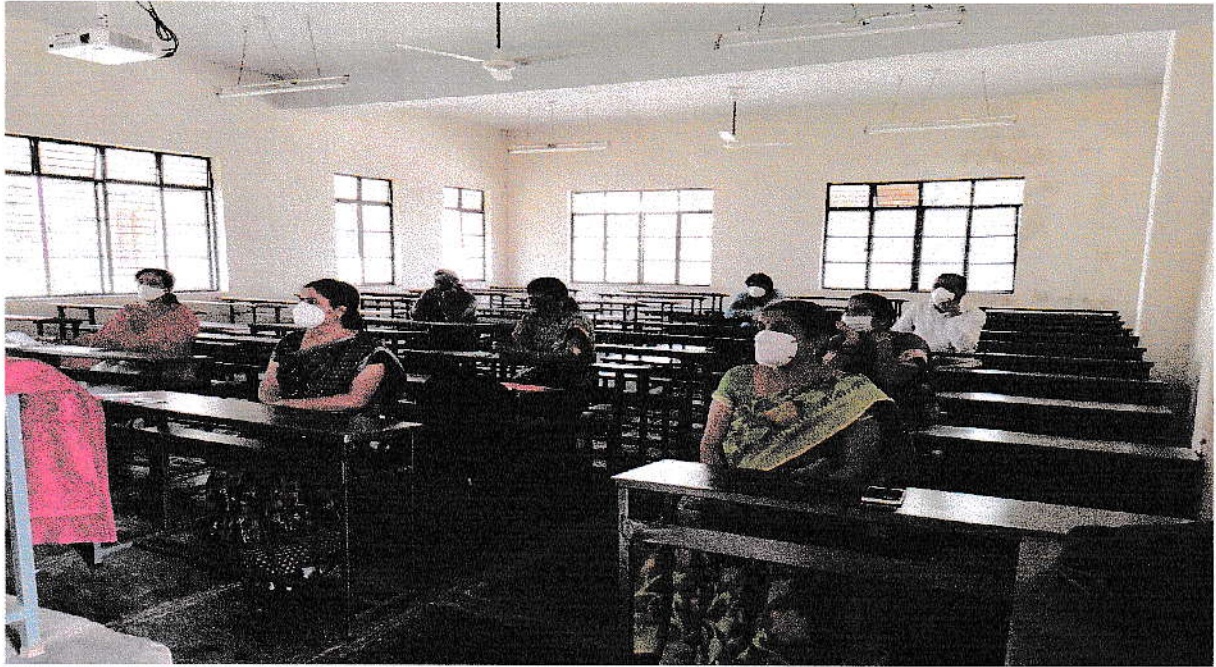
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**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



Teaching, Non-teaching Staff members and the students attending the Valedictory

Function and Celebration of World Yoga Day through Online Platform.

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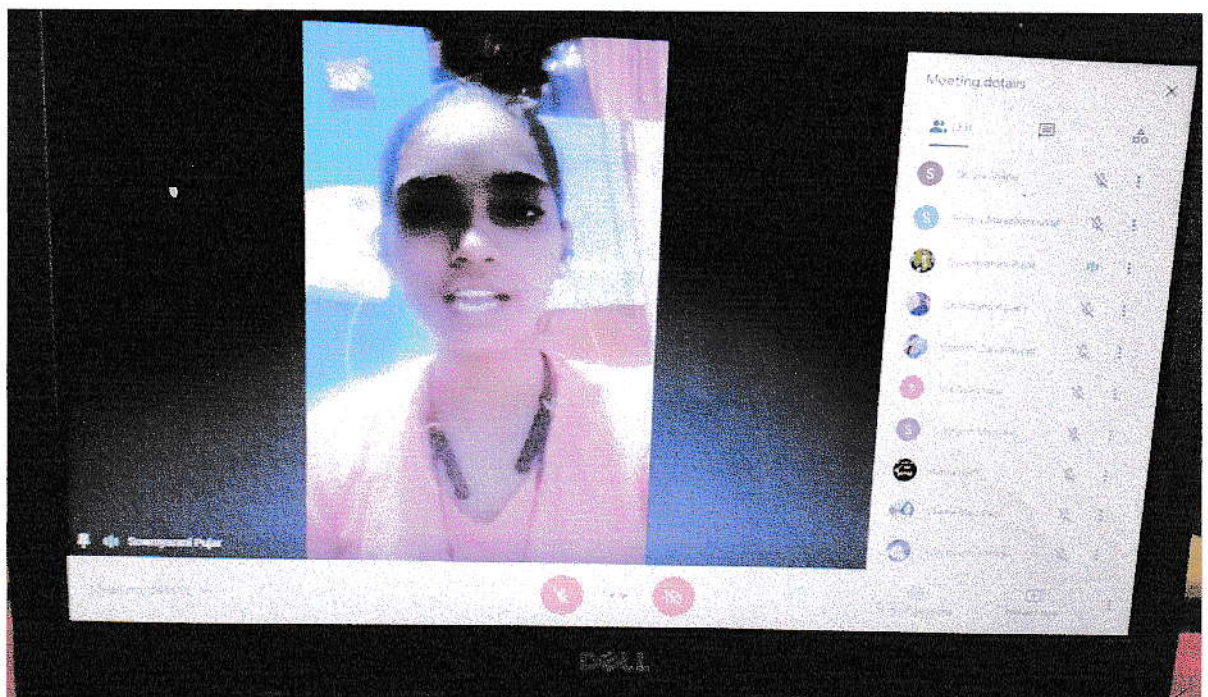
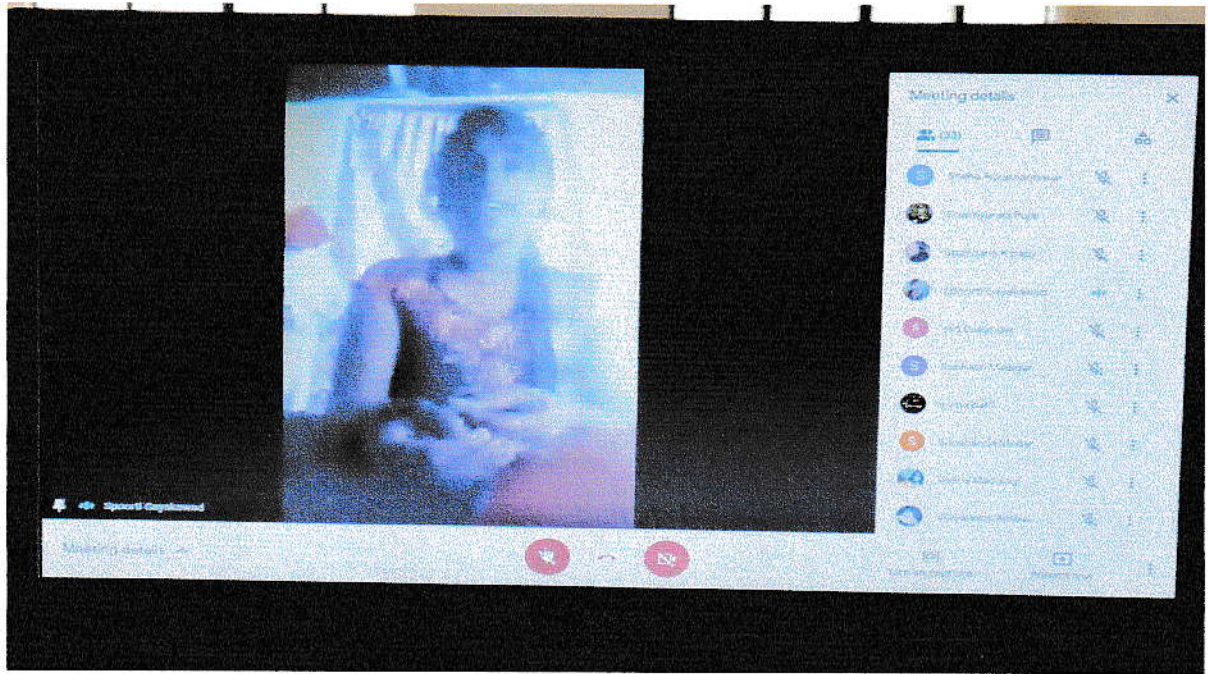


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**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga  
**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet



**Students giving feedback and reviews regarding the 30 Hours Inter-Collegiate Virtual Certificate Course In Yoga**

*[Signature]*  
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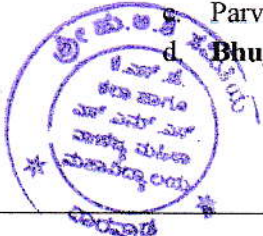
30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

Date: 02-06-2021 to 21-06-2021

QUESTION PAPER

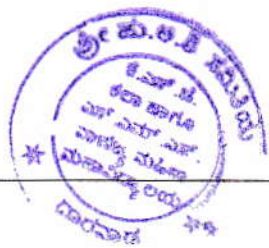
MARKS : 100

1. Which Mudra is best for students and scholars ?
  - a. Gyana Mudra
  - b. Prana Mudra
  - c. Surya Mudra
  - d. Prithvi Mudra
2. During the practice of Surya Bhedi Pranayama, Puraka (Inhalation) should be done through :
  - a. Right Nostril
  - b. Left Nostril
  - c. Both Nostril
  - d. Mouth
3. Which Asana is recommended to do after Shirashasana ?
  - a. Chakrasana
  - b. Sarvangasana
  - c. Kurmasana
  - d. Shashankasana
4. Which Asana is recommended to do after the practice of Ardachakrasana ?
  - a. Dhanurasana
  - b. Halasana
  - c. Padahasthasana
  - d. Gomukhasana
5. Which is the seventh step during the practice of Surya Namaskara ?
  - a. Hasta Padasana
  - b. Prana masana
  - c. Parvatasana
  - d. Bhujangasana



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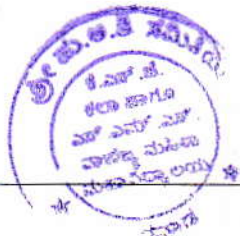
6. How many total postures are there in Surya Namaskara ?  
 a. 9  
 b. 11  
 c. 12  
 d. 14
7. Which asana is known as the King of Asana ?  
 a. Bhadrasana  
 b. **Shirashasana**  
 c. Siddhasana  
 d. Sukabhasana
8. Which Chakra is activated by Practice of Jalandhara bandha ?  
 a. Muladhara  
 b. **Visuddhi**  
 c. Manipura  
 d. Anahata
9. Which Chakra is activated by practice of Uddiyana bandha ?  
 a. **Manipura**  
 b. Visuddhi  
 c. Anahata  
 d. Muladhara
10. Which Mudra is performed by placing tips of ring fingers and thumb together ?  
 a. Surya Mudra  
 b. Prana Mudra  
 c. **Prithvi Mudra**  
 d. Vayu Mudra
11. How many parts of Ashtanga yoga are described by Maharshi Patanjali ?  
 a. 6  
 b. 7  
 c. 8  
 d. 10
12. "Sthira Sukham Asanam" this definition is given by  
 a. Vedavyasa  
 b. **Maharshi Patanjali**  
 c. Maharshi Gheranda  
 d. Shri Krishna
13. How many parts of Yama are described in Patanjali Yoga Sutras ?  
 a. 5  
 b. 6  
 c. 8  
 d. 10




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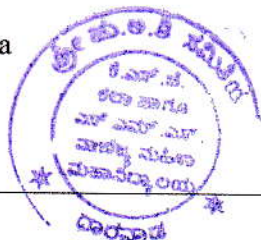


- 14. Who gave the definition – Yoga Chitta Vritti Nirodaha ?
  - a. Maharshi Vyasa
  - b. Maharshi Patanjali**
  - c. Shri Krishna
  - d. Maharshi Gheranda
  
- 15. According to Maharshi Patanjali, pranayama is the \_\_\_\_\_ limb of Ashtanga Yoga ?
  - a. Second
  - b. Third
  - c. Fourth**
  - d. Fifth
  
- 16. The total number of Sutras in Patanjali Yoga Sutras are ?
  - a. 155
  - b. 175
  - c. 185
  - d. 195**
  
- 17. Where does Ajna Chakra located ?
  - a. Eyebrow centre**
  - b. Chest
  - c. Tongue
  - d. Legs
  
- 18. The word ‘ Yoga’ is derived from a Sanskrit word meaning what ?
  - a. Spirit
  - b. Union**
  - c. Posture
  - d. Asana
  
- 19. How many Chakras are there in the human body ?
  - a. Seven**
  - b. Three
  - c. Four
  - d. Ten
  
- 20. What is Chakra ?
  - a. Prayer Point
  - b. Energy centre**
  - c. Karma
  - d. Bandha
  
- 21. From which country does Yoga originated from ?
  - a. India**
  - b. Japan
  - c. America
  - d. China



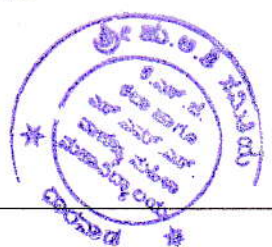
  
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22. Where is Kundalini located ?
- The base of the Spine**
  - The Brain
  - The Whole body
  - None of the above
23. The relaxative posture is
- Chakrasana
  - Navakasana
  - Shavasana**
  - Mandukasana
24. Matsyasana is performed in \_\_\_\_\_
- Tadasana
  - Padmasana**
  - Dhanurasana
  - Halasana
25. The technique to control breath is \_\_\_\_\_
- Kriya
  - Pranayama**
  - Asana
  - Surya Namaskara
26. Kapalabhati is a \_\_\_\_\_
- Kriya**
  - Pranayama
  - Asana
  - Mudra
27. Which Asana is helpful in maintaining normal blood pressure ?
- Shavasana**
  - Padmasana
  - Shirashasana
  - Shalabhasana
28. Out of the following, which one is not an Ashtanga Yoga ?
- Yama
  - Niyama
  - Dhouti**
  - Asana
29. Out of the following, which activity does not belong to Pranayama ?
- Kumbhaka
  - Ahimsa**
  - Puraka
  - Rechaka



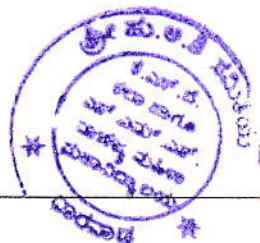
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- 30. Which one is not a Pranayama ?
  - a. Ujjai
  - b. Dhouti**
  - c. Brhamari
  - d. Shitali
  
- 31. Who is writer of Yoga-sutra ?
  - a. Kapil muni
  - b. Ramakrishna
  - c. Maharshi Patanjali**
  - d. Vivekananda
  
- 32. Which one is not a Kriya ?
  - a. Neeti
  - b. Dhouti
  - c. Pranayama**
  - d. Kapalabhati
  
- 33. In which Asana, maintaining the balance of the body on one leg is seen ?
  - a. Vrikshasana**
  - b. Vajrasana
  - c. Dhanurasana
  - d. Padahasthasana
  
- 34. Simhasana is performed in \_\_\_\_\_
  - a. Sitting**
  - b. Standing
  - c. Prone
  - d. None of the above
  
- 35. The starting stage of Kapalabhati is \_\_\_\_\_
  - a. Navakasana
  - b. Padmasana**
  - c. Paschimottanasana
  - d. Halasana
  
- 36. Which is the only asana that can be practiced immediately after taking meals
  - a. Vajrasana**
  - b. Mandukasana
  - c. Vakrasana
  - d. Gomukhasana
  
- 37. Agnisara is a \_\_\_\_\_
  - a. Bhandas
  - b. Pranayama
  - c. Asana
  - d. Kriya**



  
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38. \_\_\_\_\_ is a supine posture asana
- Shavasana**
  - Dhanurasana
  - Mandukasana
  - Ardhachakrasana
39. \_\_\_\_\_ is a sitting posture asana
- Padmasana**
  - Shavasana
  - Halasana
  - Chakrasana
40. \_\_\_\_\_ is a standing posture asana
- Vajrasana
  - Matsyasana
  - Makarasana
  - Trikonasana**
41. When was the first International Yoga Day observed ?
- 20<sup>th</sup> June 2014
  - 21<sup>st</sup> June 2015**
  - 21<sup>st</sup> May 2016
  - 22<sup>nd</sup> June 2013
42. What is the theme of the 6<sup>th</sup> International Yoga Day in 2020 ?
- Yoga for Health – Yoga at Home**
  - Yoga at Home and Yoga with Family
  - Yoga for Health
  - Yoga for Heart
43. Who had introduced Yoga for the first time to the Western world in a religion conference Chicago, America ?
- Narendra Modi
  - Swami Vivekananda**
  - PAtanjali
  - Shankaracharya
44. Mandukasana is performed in \_\_\_\_\_
- Shavasana
  - Dhanurasana
  - Tadasana
  - Vajrasana**
45. What is one of the most important objectives during Yoga ?
- Correct breathing**
  - Flexibility
  - Power



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- d. Physical strength
46. Lung Capacity is increased by \_\_\_\_\_
- Pranayama**
  - Shavasana
  - Vajrasana
  - Shirashasana
47. In the final position of Ardha Halasana, at what angle both the legs are taken up ?
- 35 degree
  - 60 degree
  - 90 degree**
  - 80 degree
48. Celebration of International Yoga in India is done by which Ministry ?
- Ministry of Ayush**
  - Home Ministry
  - Prime ministry of Communication
  - Civil
49. According to Ayurveda, the three pillars of life are :
- Satva, Rajas, Tamas
  - Vata, Pitta, Kapha**
  - Dharma, Artha Kama
  - Dhara, Nidra, Moksha
50. The Yoga class usually begin with a :
- Suryanamaskara
  - Yogasana
  - A Prayer**
  - Pranayama



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Shri Hurakadli Ajja Shikshana Samiti's



# SMT. K. S. JIGALUR ARTS AND DR.(SMT.) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD



**IQAC Initiative**

## 30 HOURS INTER-COLLEGIATE VIRTUAL CERTIFICATE COURSE IN YOGA

Organised by

DEPARTMENT OF PHYSICAL EDUCATION



**CERTIFICATE OF PARTICIPATION**

This is to certify that Kum. \_\_\_\_\_ of \_\_\_\_\_

\_\_\_\_\_ has participated in 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga conducted by Department of Physical Education from 02-06-2021 to 21-06-2021.

*P. S. Abbigeri*

**Prof. Pushpa S. Abbigeri**  
Vice-President, Gymkhana  
IQAC Co-ordinator



*Anita G. Kadapatti*

**Dr. Anita G. Kadapatti**  
NAAC Co-ordinator

*Shakuntala S. Biradar*

**Smt. Shakuntala S. Biradar**  
Physical Director.

*Girija M. Yabannavar*

**Dr. Girija M. Yabannavar**  
Principal

*Girija M. Yabannavar*  
**Principal**  
S.H.A.S. Samiti's



**Shri Hurakadli Ajja Shikshana Samiti's**

**SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M.  
SHESHGIRI COMMERCE COLLEGE FOR WOMEN,  
DHARWAD**



**DEPARTMENT OF PHYSICAL EDUCATION**

**Title of Activity:** 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga

**Date and Venue:** From 2<sup>nd</sup> June to 21<sup>st</sup> June 2021, Online platform – Google Meet

**Description of Event:** From 2<sup>nd</sup> June 2021 to 21<sup>st</sup> June 2021, Department of Physical Education had organized 30 Hours Inter-Collegiate Virtual Certificate Course in Yoga. The Course was conducted online through Google Meet. Shri. Manjunath Jadar, Physical Director and Yoga Master, was the resource person. Inaugural Function was held on 2<sup>nd</sup> June 2021. Dr. Girija M. Yabannavar, welcomed and introduced the resource person. Shri Manjunath Jadar, spoke on the importance of Yoga in maintaining good health and also the significance of attending the Certificate course. He gave the instructions to be followed throughout the course. Smt. Shakuntala S. Biradar, Physical Director, gave the vote of thanks. The course took place for 20 days. 97 students registered for the course via Google Forms. Students actively participated in the course. An MCQ based test was taken online after the completion of the course and the students were provided with certificates. The Valedictory function of the course and the celebration of International Yoga Day was held on 21<sup>st</sup> June 2021 via Online Platform – Google Meet. Dr. Girija M. Yabannavar, Principal welcomed the resource person. Dr. Rajeshwari M. Shettar, introduced the resource person. Shri. Manjunath Jadar, gave the speech and demonstrated various asanas. Many students gave their opinions regarding the Yoga Course and gave the positive reviews towards the conduction of the Certificate Course and have confessed to be benefitted by the programme. Smt. Shakuntala S. Biradar, Physical Director and organizer gave the vote of thanks. The Course was successful in having a positive impact on the enrolled students and has successfully enhanced their interests and skills in Yoga.



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**Principal**

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